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The Fort Erie Times

Thursday, October 3, 2013

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Craitor breaks his silence

Former MPP says cancer has not returned, he is tired

3

Laughing for a good cause

Upstanding Comedy show comes to Fort Erie

12

Check out your Meteors as they begin their 2013–2014 quest

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Fort Erie goes to the dogs

The Fort Erie SPCA recently held its annual walk-a-thon, which raised $4,000 due to the overwhelming support of the community.

Photo submitted

Stone gets it right, predicts headline

Tony Ricciuto
QMI Agency Niagara

Edward Stone got it right, which meant no one got their money back.

He predicted the headline in Saturday's Review about the closing of the Kingston Penitentiary.

The Fort Erie illusionist and mentalist wrote down his prediction weeks ago and sealed it inside a locked chest that remained hanging from the roof of the Trailside Bar and Grill on Ridge Rd. in Ridgeway.

The case was taken down by someone other than Stone and on Saturday night it was brought to his Hypnomagic show at the Sanctuary Centre for the Arts down the street.

Stone, who has been doing magic shows since he was 10, had an agreement with Saturday's ticketholders that if he was wrong, he would refund their admission.

"Thank goodness it worked out quite well," said Stone. "I got the oooooh when I showed it to them. Everyone had a good time and now we're booking for corporate Christmas shows."

Stone is always being asked how he does it, but replies that if anyone wants to know they need to catch his next show.

Stone has been involved in mentalism for the last seven years.

QMI NIAGARA FILE PHOTO

Fort Erie illusionist and mentalist Edward Stone predicts headline in Review.

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Craitor 'totally exhausted'

Ray Spiteri
QMI Agency Niagara

It's not cancer.

A week after abruptly resigning as Niagara Falls MPP, Kim Craitor broke his silence to say it's not a return of cancer or any other health issue in particular that pushed him to the political sidelines.

"I'm emotionally and physically drained. I'm totally exhausted," an emotional Craitor told the Niagara Falls Review in a telephone interview Monday afternoon. "Issue after issue. Crisis after crisis. At home, too, all the phone calls."

The 67-year-old cancer survivor said he was finding it difficult to speak in public. Monday was the first time he did so since he stated in a press release last Tuesday that he was retiring to put his health and family first.

The release stated Craitor was not expected to be available for interviews. Craitor did not return calls from the Review to his cellphone or home last week and nobody answered the door at his Nathan Cres. residence.

"It's not a single thing. It reaches a point where you're not doing the job the way you should be, not having the enthusiasm you should. You know it in your heart," Craitor told the Review Monday.

"I can't say you wake up (one day and resign), you just kind of know. It was evolving day after day."

In 2006, Craitor had a cancerous tumour removed from his neck. In 2007, he went through radiation treatment to ensure any remaining cancer cells were destroyed.

He went public with his battle.

Craitor said despite going for treatments, he kept working at his local offices and Queen's Park and dealt with constituent concerns as if all was well.

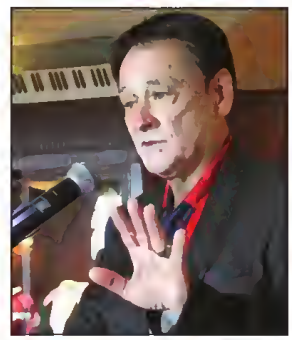
"Maybe in hindsight I should have taken time off," he said.

Craitor said he feels that he has let his constituents down by resigning.

"People re-elected me and I didn't stay. People have a right to feel upset with me.

"I was the luckiest and happiest guy in the world to be a provincial member of parliament. I was very fortunate. I am pinching myself to say this can't be true."

When asked if he believes the public will look more at his reputation as a personable and accessible politician who often put the concerns of his constituents ahead of the stance of his party, Craitor said: "The public will decide. I do feel like I let people down. It's 23 years of your life altogether (13 years as a Niagara Falls city councillor). I need to take a break, I just need to."



MIKE DIBATTISTA QMI File Photo
Niagara Falls Liberal MPP Kim Craitor announced Tuesday that he has resigned after almost 10 years as the riding's representative at Queen's Park.

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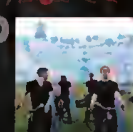
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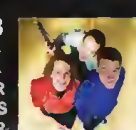
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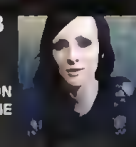
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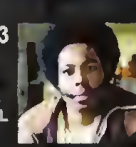
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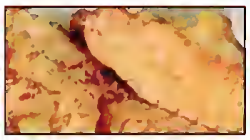

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Police cracking down on distracted drivers

Tony Ricciuto
QMI Agency Niagara

The long arm of the law will be dropping the hammer even harder on drivers who still don't get the message they need to pay attention while driving.

That means not even holding a cellphone, or any other hand-held wireless communication device, while behind the wheel.

You don't have to be talking, and the cellphone doesn't even have to be turned on, if it's in your hand — you are breaking the law.

The Court of Appeal for Ontario released two decisions on Friday relating to people convicted under the Highway Traffic Act for violating the ban on using cellphones while driving.

Not everyone agrees with the new law.

"If I want to text and drive I'm still going to do it no matter what the new law says," said Steve Hancock, who also believes he should have the right to drive without wearing a seatbelt, if that's what he wants to do.

"They are just looking for another reason to grab an extra buck by giving people fines. There have been times I've been sitting at a stop light and have seen a police officer with his head down and he is busy on his laptop," said Hancock.

Another driver, Bob Kennedy noted that even if your cellphone is handsfree there are times you need to look down to push a button.

"Half the people on the road don't pay attention to that law so it probably won't make much of a difference," said Kennedy. "And I don't think the cops should get away with it just because they can say it's business. It's just like the no smoking law if you have kids in your vehicle. I've never seen that law get enforced."

William Young of Fort Erie doesn't mind the new regulation, but believes the law should apply to all drivers, including police officers.

"I've seen cops going down the QEW travelling 110 or 120 kilometres an hour and they are on their cellphones. Cops are involved in accidents all the time. The law should be applied equally and evenly because anyone can be distracted," said Young.

George Mcewan refuses to talk on his cellphone while driving, and he finds it quite irritating when he sees other drivers doing it.

"I think it's terrible. I can't believe how many people do it. If it's an emergency, pull over."

TONY RICCIUTO QMI Agency Niagara
Bob Kennedy doesn't believe the new regulation regarding cellphones and drivers will make much of a difference. He sees many drivers who simply ignore the law.

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Do You Remember?

Last week's photo has been identified by Darlene Nelson, Valerie Jepson and two anonymous callers as the dart league at the Lancashire Lass Pub.

In the photo below, front, from left is Bea Deschamps, Darlene Nelson, Irene Maracle, Bernadette Larette and Catherine "Kitty" Trickett (pub owner and Valerie's mother).

In the back is Nadine?, Joanne, and Mavis Harvey.

The pub which was on Niagara Boulevard between Phipps and Dufferin Streets was formerly the Ohio House and then Willie's. This photo probably dates to 1981-82.

We know it is a little early for Halloween, but why are some of these people dressed in costumes? If you know the answer, or any of the people in the photo, please call the Museum at 894-5322 or e-mail museum@forterie.on.ca

Student raises awareness about anxiety

Melissa Mangelsen
Reporter's Notebook

Gone are the days of show-and-tell, where kids brought their cat into class, or their dog, ant farm, or whatever they may have had.

I remember being in elementary school and people would bring their pets in for show-and-tell. It always lifted the students' spirits and engaged the class in discussion.

While we need to be aware of allergies, it seems that almost everything is not allowed in certain spaces - pets, perfume, scented lotions, certain types of foods, etc.

I also remember a time when a peanut butter and jelly sandwich was staple in people's lunches, now many schools are peanut-free.

We had a few students in my elementary school who were allergic to peanuts and managed just fine in that environment, with caution from everyone.

Recently though a St. Catharines teenager Becca Droeshout has been making headlines after she was told that her service dog, Lily was unable to attend regular classes with her.

The District School Board of Niagara has told her that she will not be allowed to bring her dog to regular classes until she can prove her support dog has the right qualifications.

Becca suffers from severe anxiety - something that can be overly medicated and take many years to overcome.

The teen, who is 16-years-old says she can cope with the anxiety and the demands of high school with the help of her specially trained yellow lab.

A rally took place on Tuesday to support Becca and her ability to bring her service dog to class with her.

I think this is an outside-the-box solution for helping cope with severe anxiety. Outside the box is always better than inside the bottle.

It takes a lot of courage to come forth at the age of 16 and admit anything is troubling you - let alone fighting for what you believe in.

The drop-out rate of students who suffer from any mental illness is substantially higher than those who do not. Whatever it takes for this girl to get to school and achieve her goals should not only be supported by the DSBN, but by the school community as a whole. She's brave for leaving the house and bringing this into the light.

It's easy to see a headline regarding a girl with anxiety and a service dog and feel sympathy. In all fairness to the DSBN, it seems that they are just following protocol on the situation.

See Page 7

opinion page

What's it like to be a medical journalist? Hard work and deadlines

Health consumers confused about medical care, complications regarding prescription drugs

Dr. Gifford Jones
The Doctor's Game

What's it like to be a medical journalist? It's a combination of hard work, deadlines and loneliness. After all, computers are hardly good company. This is why, for several months, it's been exciting meeting and greeting live humans across Canada. And what was the number one question and worry of readers?

I wasn't surprised to find that health consumers today are confused about medical care. Countless numbers of readers handed me a list of prescription drugs they were taking. Most had only a vague knowledge of why they were taking them. I wondered too, and was concerned about adverse drug interactions and their unintended consequences.

The long lists of drugs being consumed reinforced what I have written in the past. Namely, North Americans have become the most over-drugged society in the world. Moreover, rather than becoming healthier they've become obsessed about medication. The scene reminded me of the U.S. Constitution that states the right of everyone to the pursuit of happiness. Little did its framers realize that everyone's happiness would become the pursuit of perfect health.

It quickly became apparent that "cholesterolphobia" is a primary concern. It's understandable, as pharmaceutical companies have spent hundreds of millions of dollars linking cholesterol-lowering drugs (CLDs) to the prevention of heart attack. I believe history will show this is a colossal error. Now people worry needlessly that their blood cholesterol has increased from 5.1 to 5.4. Or that their good cholesterol has decreased slightly, figures that mean nothing.

Many people had read my columns about Medi-C Plus, a powder containing high doses of vitamin C and lysine. Studies show this natural combination can prevent heart attack, stroke and other cardiovascular problems caused by atherosclerosis (hardening of arteries). They asked, "Can I stop CLDs and take this non-toxic, inexpensive and effective remedy?" This is a decision to discuss with your doctor. But since both C and lysine are natural substances that we all obtain in food, increasing the amount should not be a problem. Since my heart attack 15 years ago, this has been my only medication. Capsules of Medi-C Plus or the combination powder, which I find easier to take, are available at Health Food Stores.

The next most frequently asked question was about possible complications from prescription drugs that treat osteoporosis. Many were taking calcium along with vitamin D, but were unaware that vitamin K2 directs blood calcium into bone, rather than into coronary arteries, where calcium can cause problems.

It was distressing that many people were worried about the health effects of prescription drugs. But they repeatedly told me it was impossible to question physicians about medication. Due to this frustration, they were resorting to Health Food Stores for advice and not telling their doctors.

So I have come to a couple of conclusions during the past several weeks of travel. If I had the power to improve the nation's health, I'd prohibit TV commercials that daily tell us that something is wrong with us. I'd do this because we've reached a point where a well person is someone who simply hasn't been examined by enough doctors, or had a battery of tests done! Then we could dump at least half the pills in the trash to the benefit of mankind.

I also came to the conclusion that it will be a horrendous task to stop the epidemic of obesity and Type 2 diabetes. These two problems will bankrupt the health care system in the years ahead. But the scientific evidence is available to stop the # one killer heart attack. If I had my life to live over again I'd start taking Medi-C Plus as soon as I could afford it. It would have saved me from a heart attack 15 years ago and could save others. So I wish more young people had attended my talks.

Adding it up, being on the road and talking to so many readers was a great experience.. Now I'm back to work, lonely again, staring at the computer screen.

See the website www.docgiff.com to read more about how high doses of vitamin C and lysine could wipe out cardiovascular disease and cholesterol myths.

Teen shows bravery fighting 'invisible' needs

From Page 6

The DSBN says that Lily has to pass a school access test Oct. 21, and in the meantime they will cover a dog temperance test.

Currently the DSBN is saying that until Lily can pass a school access test and Becca and her family can prove Lily's service training matches the Assistance Dogs International standard - normally used for dogs providing support for physical needs - Becca will have to be segregated from other students, only going to school after the other kids have gone home.

Granted, I'm not an expert on anxiety, but I don't think that "segregating someone with severe anxiety will in anyway help them to overcome the issue.

While I do see the point of following protocols and not allowing just anyone to bring their dog to school, it seems that she's just one of many people who struggle with 'invisible' needs on a day-to-day basis.

The fact is that although anxiety cannot be seen, it has the debilitating effects as any disease has. It cripples you, stops you from living your life and shelters you from the things that you want to accomplish.

What I admire the most about Becca is her bravery for coming forward, for being a voice for others who may be sitting in silence with anxiety.

In today's world, when you walk past a high school, or elementary school everyone looks pretty much the same. Students are afraid to be individuals, to stand out, to take that stand out of fear of being ridiculed and bullied by their fellow peers.

When I read her story my thoughts immediately strayed away from the initial problem of her service dog to a much larger scope. For things to change there always has to be that one person who is willing to take a stand. Following that one person is usually another, and another until the change gradually begins to take shape.

The rally in St. Catharines on Tuesday showed that unity and support.

It wasn't just Becca and her family out there but members of the community and the school.

Depression and anxiety - or any unseen mental illness for that matter, still has a lot of obstacles to overcome. There's the stigma and the fear that is caused by the stigma. People aren't OK coming forward, or telling people that they suffer. Students in school are afraid of being ridiculed, while moving into your adult life you're afraid you'll appear unhireable because you may not have the same coping skills as someone who is "normal".

I wish Becca all the best in her fight to allow Lily to sit with her in class, along with her peers and not having to be isolated to an after school class.

And I thank Becca for having the courage to come forward to stand up for a cause that goes unnoticed by so many. It's people like this who start the wheel spinning in a positive direction.

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stk#1003

2007 TOYOTA CAMRY SE LTHR M/ROOF
~~$13,990~~
$134† bi/wkly $12,990*
stk# T5181A

2010 FUSION SE
~~$15,990~~
$133† bi/wkly $14,990*
stk#A3290A

2007 EDGE SE
~~$15,990~~
$155† bi/wkly $14,990*
stk#1004

2010 RANGER S/CAB SPORT
~~$16,990~~
$142† bi/wkly $15,990*
stk#1001

2013 FOCUS SE SEDAN
~~$17,990~~
$126† bi/wkly $16,490*
stk#11R1156A
USED PREVIOUS DAILY RENTAL*

2011 RANGER S/CAB SPORT
~~$17,990~~
$176† bi/wkly $16,990*
stk#T5212A

2006 F150 S/CREW XLT 4X4
~~$18,990~~
$229† bi/wkly $17,990*
stk#T1323A

2012 FUSION SEL
~~$19,990~~
$137† bi/wkly $17,990*
stk#R1146A
USED PREVIOUS DAILY RENTAL*

2009 GMC SIERRA EXT CAB
~~$19,990~~
$169† bi/wkly $18,990*
stk#T6188B

2009 FLEX SEL AWD LTHR M/ROOF
~~$20,490~~
$173† bi/wkly $19,490*
stk#A3282A

2010 EDGE SEL
~~$22,990~~
$174† bi/wkly $19,590*
stk#T1258B

2011 ESCAPE XLT
~~$20,990~~
$157† bi/wkly $19,990*
stk#L1018A

2012 FUSIDN SEL LTHR M/ROOF 6CYL.,
Only 16,370 Km's
~~$21,990~~
$155† bi/wkly $20,290*
stk#R1143A
USED PREVIOUS DAILY RENTAL*

2012 FUSION SEL AWD LTHR M/ROOF 6CYL.
Only 23,037 Km's
~~$21,990~~
$157† bi/wkly $20,590*
stk#R1170A
USED PREVIOUS DAILY RENTAL*

2011 ESCAPE XLT
~~$21,590~~
$162† bi/wkly $20,590*
stk#A3201A

2012 FUSIDN SEL LTHR, M/ROOF 6CYL.
Only 12,449 Km's
~~$21,990~~
$160† bi/wkly $20,990*
stk#R1188A
USED PREVIOUS DAILY RENTAL*

2013 EDGE SEL LTHR ROOF
~~$29,990~~
$221† bi/wkly $28,990*
stk# R1174A

2013 EDGE LTD LOADED
USED
~~$34,990~~
$259† bi/wkly $33,990*
stk#1002
USED PREVIOUS DAILY RENTAL*

* All prices include fees, plus HST & licence. † Biweekly payments include all fees & taxes plus licensing, 0 down OAC. Year 2006 payments based on 48 Month Term at 7.49%. Years 2007 to 2011 based on 6.99%. Years 2012 & 2013 based on 5.99%. Year 2007 & 2008 based on 60 Month Term. Year 2009 & 2010 based on 72 month term. Year 2011,2012 &2013 based on 84 month term. Ex 1. $10,000 financed at 6.99 % over 60 mths. is a bi weekly payment of $91.25 # payments = 130 Cost of borrowing is $1877.90. See dealer for details. Ex. 2 $10,000 Financed at 7.99% over 48MTHS is a bi weekly payment of $112.48 # of payments = 104 Cost of borrowing is $1,597.93. See Dealer for Details.

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Calling all photographers

The Fort Erie Times is calling all photographers to make submissions for our 2014 calendar.

Whether you consider yourself a professional or an amateur, we would love to see some of the shots youhavesnapped around Greater Fort Erie.

The deadline for entries is the end of October and you can send your photos to myra.robertson@sun-media.ca

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Ph - 905-871-6566
Fax - 905-871-4172

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Fax - 905-357-3622

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5.49/kg

Cold Springs Farm
Cold Springs
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4.39/kg

Black Diamond
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2.99
200g

Kawartha Dairy
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1.5L

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Cortland Apples
Product of Ontario
.69/lb
1.52/kg

Fresh Local
Yams
Product of Ontario
.69/lb
1.52/kg

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900g-1.3kg

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Sale prices in effect Friday Oct. 4 through Thursday Oct. 10, 2013

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Mon-Fri 7am to 9pm • Sat 7am-8pm • Sun 8am to 8pm

Fort Erie without CAO, again

Kris Dubé
Fort Erie Times

After less than five months on the job, Fort Erie's chief administrative officer Larry Adams is no longer employed at Town Hall.

At Monday's regular council meeting, local politicians and staff went into closed session to discuss a human resource matter, described as a performance review for the CAO.

When returning from behind closed doors, council rose with a report that directed the mayor to act on instructions from council.

A registered vote was taken and all members of council voted in favour of the report but no specific details about the decision were ever presented.

In a press release issued by the municipality on Wednesday afternoon, the reason given for Adams' departure is "personal and family" considerations.

"I am grateful for the opportunity to serve the council and residents of Fort Erie," Adams is quoted saying in the press release.

"I have enjoyed my time in Fort Erie. It's a great place with a lot of potential."

Adams was hired by the Town of Fort Erie after a year-and-a-half of closed session deliberations while the former director of infrastructure services Ron Tripp was given the job on an interim basis.

Some members of council expressed their support for Tripp to be given the CAO position permanently but the majority around the horseshoe did not allow that to happen.

Tripp eventually left Fort Erie to become the director of transportation and environmental services with the City of St. Catharines.

He started his new job on Apr. 8.

Adams is the former CAO of Huron County and was dismissed of this position in Sept. 2012.

According to the Goderich Signal Star, another Sun Media publication, Adams and a fellow member of senior staff left after an auditor's report was released pertaining to mileage expenses accrued on county-owned vehicles.

He has over 24 years of municipal experience in small urban, rural lower, single and upper tiers of government and has been living temporarily in Fort Erie.

"Larry is a thoughtful, genuine person who obviously enjoys what he does. We wish him and his family well," said Mayor Doug Martin.

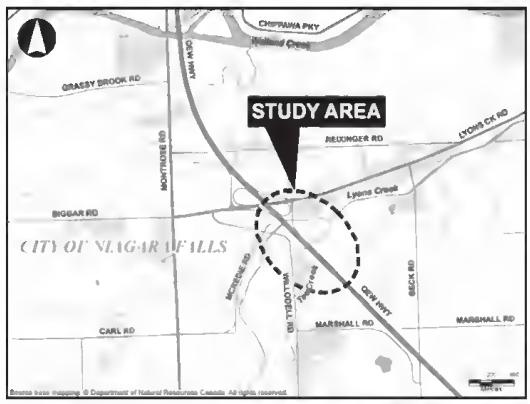
Council will now begin considering options to fill the vacancy.

NOTICE OF PUBLIC INFORMATION CENTRE

QEW Bridge Rehabilitation/Replacements at Lyons/Tee Creeks and Black Creek Class Environmental Assessment and Preliminary Design Studies G.W.P. 2177-08-00

THE STUDIES

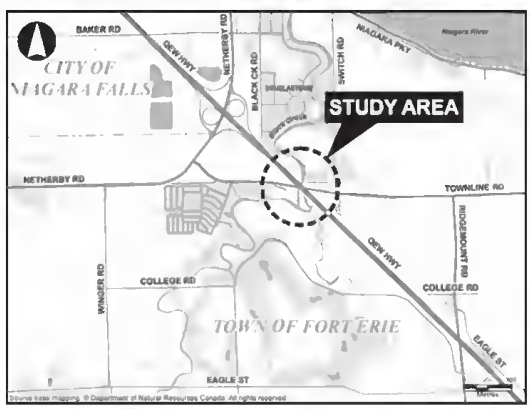
URS Canada Inc. (URS) has been retained by the Ontario **Ministry of Transportation (MTO)** to undertake two Class Environmental Assessment and Preliminary Design Studies (G.W.P. 2177-08-00) for the rehabilitation and/or replacement of the QEW Lyons Creek and Tee Creek bridges in the City of Niagara Falls and the replacement of the QEW Black Creek bridges in the Town of Fort Erie, both in the Region of Niagara. These studies have examined bridge replacement alternatives, including construction staging and detour alternatives.



The Recommended Plan for the proposed bridge works includes the QEW reduced to single-lane operations in each direction (via median cross-overs). Temporary ramp closures will be required at the QEW Lyons Creek Road interchange (for the Lyons Creek and Tee Creek bridge works) and at the QEW Netherby Road interchange (for the Black Creek bridge Replacement works). Closures will be confirmed at the next phase.

THE PROCESS

These studies are following the approved planning process for Group 'B' projects under the MTO *Class Environmental Assessment for Provincial Transportation Facilities* (2000). One Public Information Centre (PIC) has been arranged to provide the public with the opportunity to discuss these projects and provide input to the Project Team. Two separate Transportation Environmental Study Reports (TESRs) will be prepared at the completion of each study and made available for public and agency review for 30 days. Notice of the review period will be published in local newspapers and mailed to those on the study mailing list.



PUBLIC INFORMATION CENTRE

A PIC has been scheduled to present the alternatives and the evaluation leading to the selection of the Recommended Plan, the preliminary design of the Recommended Plan and measures to minimize or avoid environmental effects for each study. Members of the public, area residents and all stakeholders are invited to attend the PIC. The PIC will be an informal drop-in centre and representatives from MTO and URS will be available to answer questions and discuss the studies. The PIC will be held as follows:

Thursday, October 10, 2013
4:00 p.m. to 8:00 p.m.
MacBain Community Centre – Multi-Purpose Room D/E
7150 Montrose Road, Unit #1, Niagara Falls

COMMENTS

To obtain additional information or to provide input at any point during the studies, please contact:

Mireya Hidalgo, P.Eng.
Project Engineer
Highway Engineering – Hamilton/Niagara
Ministry of Transportation, Central Region
Building D, 4th Floor, 1201 Wilson Avenue
Downsview, ON M3M 1J8
tel: 416-235-5483
fax: 416-235-5339
e-mail: mireya.hidalgo@ontario.ca

Tim Sorochinsky, P.Eng.
Consultant Senior
Project Manager
URS Canada Inc.
4th Floor, 30 Leek Crescent
Richmond Hill, ON L4B 4N4
tel: 905-882-3522
fax: 905-882-4399
e-mail: tim.sorochinsky@urs.com

Tyler Drygas
Consultant Senior
Environmental Planner
URS Canada Inc.
4th Floor, 30 Leek Crescent
Richmond Hill, ON L4B 4N4
tel: 905-747-1758
fax: 905-882-4399
e-mail: tyler.drygas@urs.com

There is an opportunity at any time during the studies for interested persons to provide input to the Project Team including comments and information regarding the studies. Comments are being collected to assist MTO in meeting the requirements of the *Environmental Assessment Act*. This material will be maintained on file for use during the studies and may be included in project documentation. Information collected will be used in accordance with the *Freedom of Information and Protection of Privacy Act*. With the exception of personal information, all comments will become part of the public record.

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IN THE UNITED STATES BANKRUPTCY COURT FOR THE DISTRICT OF DELAWARE

In re: EXIDE TECHNOLOGIES, Debtor.[1]	Chapter 11 Case No. 13-11482 (KJC)

NOTICE OF DEADLINES FOR SUBMITTING PROOFS OF CLAIM AND REQUESTS FOR PAYMENT UNDER BANKRUPTCY CODE SECTION 503(b)(9) AGAINST THE DEBTOR

PLEASE TAKE NOTICE THAT on September 13, 2013, the Court entered an order approving the Debtor's *Motion for Entry of an Order (a) Establishing Deadlines for Submitting Proofs of Claim and Requests for Payments under Bankruptcy Code Section 503(b)(9); (b) Approving the Form and Manner of Submitting Such Proofs of Claim and Requests for Payment; (c) Approving the Notice Thereof* (Docket No. 896) (the "Bar Date Order") in the above captioned cases. A copy of the Bar Date Order can be accessed at the Debtor's restructuring website, http://www.exiderestructuringinfo.com.

The Bar Date Order requires all entities (the "Claimants") holding or wishing to assert a claim that arose or is deemed to have arisen prior to the Petition Date against the Debtor (the "Claims") to submit a proof of claim ("Proof of Claim") so as to be actually received by GCG, Inc. ("GCG"), the Debtor's claims and noticing agent, on or before a certain date (the "Bar Dates"). Set forth below are the Bar Dates:

General Bar Date (applicable to 503(b)(9) claims): All Claimants, other than governmental units, holding or wishing to assert a Claim must submit proof of such Claim so as to be actually received by GCG by October 31, 2013 at 5:00 p.m. prevailing Eastern Time (the "General Bar Date"). Requests for payment under Bankruptcy Code section 503(b)(9) must also be submitted so as to be actually received by GCG by the General Bar Date. **Governmental Bar Date:** All governmental units holding or wishing to assert a Claim must submit proof of such Claim so to be actually received by December 9, 2013 at 5:00 p.m. prevailing Eastern Time (the "Governmental Bar Date"). **Amended Schedules Bar Date:** In the event the Debtor amends or supplements its schedules of assets and liabilities (collectively, the "Schedules") to reduce, delete, change the classification of, or add a Claim, the Debtor shall give notice of any such amendment to the holders of any Claim affected thereby, and such holders shall be afforded the later of 30 days from the date on which such notice is given or the General Bar Date or Governmental Bar Date, as applicable, to submit a Proof of Claim with respect to such amended Claim (the "Amended Schedules Bar Date") or be forever barred from doing so. **Rejection Bar Date:** In accordance with certain procedures previously approved by this Court, the effective date of rejection of an executory contract or unexpired lease (the "Rejection Date") shall generally be fourteen days after the Debtor serves notice of the rejection to the applicable notice parties. In the event such notice parties object to the proposed rejection, the Court shall determine the appropriate Rejection Date. Claimants shall file a proof of claim arising from the Debtor's rejection of any executory contract or unexpired lease by the later of (a) forty-five (45) days after the effective date of rejection of such Agreement as provided by an order of this Court or pursuant to a notice under procedures approved by this Court, (b) any date set by another order of the Court, or (c) the General Bar Date (the "Rejection Bar Date").

Filing a Proof of Claim. All Proofs of Claim must be submitted so as to be **actually received** no later than 5:00 p.m. prevailing Eastern Time on the applicable Bar Date at the following address: **If by hand delivery or overnight courier, send to: Exide Case Administration, c/o GCG, 5151 Blazer Parkway, Suite A, Dublin, Ohio 43017. If by first-class mail, send to: Exide Case Administration, c/o GCG, PO Box 9985, Dublin, OH 43017-5985.**

PROOFS OF CLAIM SUBMITTED BY FACSIMILE OR ELECTRONIC MAIL WILL NOT BE ACCEPTED.

Contents of Proofs of Claim. Each Proof of Claim must: (i) be written in English; (ii) include a Claim amount denominated in United States dollars; (iii) conform substantially with the Proof of Claim Form provided by the Debtor or Official Form 10; (iv) state a Claim against the Debtor; (v) be signed by the Claimant or if the Claimant is not an individual, by an authorized agent of the Claimant; and (vi) include supporting documentation (or, if such documentation is voluminous, include a summary of such documentation) or an explanation as to why such documentation is not available.

Receipt of Service. A Claimant who wishes to receive acknowledgment of receipt of its Proof of Claim may submit a copy of the Proof of Claim and a self-addressed, stamped envelope to the above address along with the original Proof of Claim.

Consequences of Failing to Timely Submit Your Proof of Claim. Any Claimant who is required, but fails, to submit a Proof of Claim in accordance with the Bar Date Order on or before the applicable Bar Date shall be forever barred, estopped, and enjoined (subject to a court order finding excusable neglect for such failure) from asserting such Claim against the Debtor, its property, or its estate (or submitting a Proof of Claim with respect thereto), and the Debtor, its property, and its estate shall be forever discharged from any and all indebtedness or liability with respect to such Claim under a confirmed plan of reorganization so providing, and such holder shall not be permitted to vote, to accept or reject any plan of reorganization filed in the Chapter 11 Case, or participate in any distribution on account of such Claim or receive further notices regarding such Claim.

Reservation of Rights. Nothing contained in this notice is intended to or should be construed as a waiver of the Debtor's right to: (a) dispute, or assert offsets or defenses against, any filed Claim or any Claim listed or reflected in the Schedules as to the nature, amount, liability or classification thereof; (b) subsequently designate any scheduled Claim as disputed, contingent or unliquidated; and (c) otherwise amend the Schedules.

Additional Information. If you have any questions regarding the claims process and/or if you wish to obtain a copy of the Bar Date Order (which contains a more detailed description of the requirements for filing proofs of claim), a proof of claim form or related documents you may do so by contacting GCG at: (a) the Debtor's restructuring hotline at (888) 985-9831; (b) the Debtor's restructuring website http://www.exiderestructuringinfo.com; and/or (c) by writing to Exide Case Administration, c/o GCG, PO Box 9985, Dublin, OH 43017-5985. Please note that GCG cannot advise you how to file, or whether you should file, a Proof of Claim.

[1]The last four digits of Debtor's taxpayer identification number are 2730. The Debtor's corporate headquarters are located at 13000 Deerfield Parkway, Building 200, Milton, Georgia 30004.

Salvation Army bringing laughs to Fort Erie

Kris Dubé
Fort Erie Times

Comedian Daniel Woodrow will kick off the Salvation Army's Upstanding Comedy series this weekend. Woodrow has shared the stage with Gerry Dee, Todd Glass and more. He has also been on Much Music's Video on Trial.

Photo provided

Where there is laughter, there is hope.

This is a message Fort Erie's Salvation Army is hoping will be spread across the community when it begins a series of Upstanding Comedy shows that will take place every other month.

The first performance will be this Saturday at its 255 Gilmore Rd. location and will feature Daniel Woodrow, a comedian that has shared the stage with other popular acts like Jon Dore, Todd Glass, Gerry Dee and more.

He may also be familiar to some people from his role on Much Music's show Video on Trial.

Elliott Innes is the community services manager for the Fort Erie Salvation Army and says the upcoming shows are expected to be a hit, since they can appeal to people of all ages.

It's clean comedy that parents who might want to bring their children along don't have to be ready to cover their ears during the show.

"Everyone will enjoy it and you don't have to worry about what's going top come out of the comedian's mouth," said Innes.

He said holding a series of comedy shows can be a way to brighten the morale of the community in some way.

"Fort Erie has been through an awful lot of negativity lately, so this is a great opportunity to bring some joy," said Innes.

He also wants potential audience members to know that the comedians scheduled to perform are professionals who have already established reputations for themselves.

"It's not amateur hour. This is quality entertainment coming to Fort Erie," he said.

Tickets to the show on Saturday are $15 in advance and $17 at the door.

"It's basically the same price as going to the movies," said Innes.

There will also be a coffee bar at the event, raising money for the programs offered by the local Salvation Army.

Although the comedy nights are designed to put a smile on the face of Fort Erie, he said there is no humour in the overall picture of Fort Erie and the struggles many people are faced with.

The Salvation Army's food bank serves an average of 1,500 people per month. Its mobile outreach truck serves 5,000 individuals annually.

Innes also said the Salvation Army is working with up to 30 families who are without a home or are very near not having a place to stay.

In one year, the Salvation Army also provides $100,000 in utility assistance to struggling families.

"The need has not subsided in Fort Erie at all. It has continued to increase," he said.

Innes is also hoping various youth groups and schools will become involved in a Halloween food drive where young people trade in their candy bags for a cause.

For more information about the food drive, call Innes at 905-871-1592.

'Perfect fit' at Cherry Hill Club

Young autistic man spends summer working at Cherry Hill Club - job makes him 'proud and happy'

Kris Dubé
Fort Erie Times

Jacob Doan fits right in with the rest of the staff at Cherry Hill Club.

The 18-year-old with autism has spent the summer working two to three days a week at the private golf course in Ridgeway cleaning carts, collecting balls on the driving range, along with a few other tasks.

Although he hasn't really dabbled in the game of golf, he loves the group of people he works with such as his mother Sue, who is the snack bar supervisor and his friend Aaron Pye, the club's Canadian Professional Golf Association member.

"I like everything here and everyone makes me proud and happy," said Doan, who is a student at Lakeshore Catholic High School in Port Colborne.

See Page 15

KRIS DUBÉ Fort Erie Times
Collecting golf balls and cleaning carts are just two of the responsibilities Jacob Doan has at Cherry Hill Club.

Enbridge is proud to celebrate 100 years of 4-H in Canada.

For over a century 4-H has been helping to bring out the best in Canadian families; something the Ringelbergs have experienced first hand. As a third generation 4-H family, they embody the history and values of the club. Both Mom and Dad continue to participate as alumni members, passing on knowledge to the next generation of 4-H members. In fact, eldest daughter Kathryn used the skills she learned in 4-H to help earn a post-secondary scholarship. So while the club may have its roots in agriculture, the seeds of positivity sown by families like the Ringelbergs grow into so much more.

At Enbridge, we understand that when we invest in organizations like 4-H, we're helping young Canadians realize their dreams and become the community leaders of tomorrow.

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SALE OF LANDS BY PUBLIC TENDER

THE CORPORATION OF THE TOWN OF FORT ERIE

TAKE NOTICE that tenders are invited for the purchase of the land(s) described below and will be received until 3:00 p.m. local time on November 5, 2013 at the Municipal Centre, Clerk's Department, 1 Municipal Centre Drive, Fort Erie, Ontario, L2A 2S6.

The tenders will then be opened in public on the same day at The Municipal Centre, Conference Room 1 at 3:05 p.m.

Description of Land(s)	Min. Tender Amount
372 GILMORE RD, PLAN 2653 PT BLK A NP368 RP 59R6822 PART 1 IRREG 80.00 FR 243.10D, PIN 64229-0108(LT) ROLL NUMBER 2703 010 048 01200	$ 17,303.75
30-40 COURTWRIGHT ST, PLAN 910 LOT C TO E NP348 REG 230.49FR 134.70D, PIN 64232-0235(LT) ROLL NUMBER 2703 010 049 00200	$ 128,483.31
3453 BOWEN RD, CON 11 NR PT LOT 8 RP 59R10284 PART 3 IRREG 281.00FR 118.50D, PIN 64243-0003(LT) ROLL NUMBER 2703 020 029 02900	$ 24,163.35
2648 STEVENSVILLE RD, PLAN 75 LOT 47 PT LOT 48 NP415 REG 68.50FR 206.25D, PIN 84245-0140(LT) ROLL NUMBER 2703 020 029 15200	$ 29,675.43

Tenders must be submitted in the prescribed form and must be accompanied by a deposit in the form of a money order or of a bank draft or certified cheque by a bank or trust corporation payable to the municipality and representing at least 20 per cent of the tender amount.

Except as follows, the municipality makes no representation regarding the title to or any other matters relating to the land to be sold. Responsibility for ascertaining these matters rests with the potential purchaser.

This sale is governed by the Municipal Act, 2001 and the Municipal Tax Sales Rules made under thet Act. The successful purchaser will be required to pay the amount tendered plus accumulated taxes and the relevant land transfer tax and HST if applicable.

The municipality has no obligation to provide vacant possession to the successful purchaser.

For further information regarding this sale and a copy of the prescribed form of tender, contact:

GILLIAN GORNEY
Manager of Revenue & Collections
1 Municipal Centre Drive
Fort Erie, Ontario, L2A 2S6
T. (905) 871-1600 ext 2305
F. (905) 871-9984
gcorney@forterie.on.ca

THE CORPORATION OF THE TOWN OF FORT ERIE

NOTICE - 2014 BUDGET MEETING SCHEDULE
ONTARIO MUNICIPAL ACT, 2001 SECTION 291

Notice is hereby given of Council's intention to hold meetings for the 2014 budget in Council Chambers beginning at 5:30 pm on the following dates:

COUNCIL-IN-BUDGET-COMMITTEE MEETINGS

Meeting #1 - Wednesday November 6, 2013 - Capital Budget & Forecast
Meeting #2 - Wednesday December 4, 2013 - Water & Wastewater Budget
Meeting #3 - Wednesday January 8, 2014 - EDTC Budget
Meeting #4 - Wednesday January 15, 2014 - Library Budget
Meeting #5 - Wednesday January 29, 2014 - General Levy Budget
Meeting #6 - Wednesday February 12, 2014 - (If Required)

All Council-in-Budget Committee meetings are open to the public.

BUDGET BY- LAW DATES

Monday January 13, 2014 - Capital Budget By-law
- Water and Wastewater Budget and Rates By-law
Monday February 10, 2014 - General Levy Budget By-law
Monday February 24, 2014 - General Levy Budget By-law (If Meeting #6 is required)

** All meeting dates subject to change*

The Corporation of the Town of Fort Erie is inviting submissions from interested bidders to provide any and all labour, materials and equipment necessary to complete the following contract:

REQUEST FOR QUOTE 24-2013

2013-2014 Snow Plowing Town Parking Lots

Separate sealed submissions will be received by **the Customer Service UNIT (CSU) at 1 Municipal Centre Drive, Fort Erie ON** until 2:00 p.m. local time on:

October 10, 2013

Specific project details and requirements are provided within the bid documents.

All Town of Fort Erie's formal competitive bid opportunities are posted on the Town's Landing Page www.biddingo.com/forterie. If a hard copy is required, please contact Bart Menage bmenage@forterie.on.ca or at (905) 871-1600 ext. 2303., to make suitable arrangements.

The lowest of any bid is not necessarily accepted.

Facilities Management

Job promotes confidence and success in community

From Page 13

He even works alongside a handful of fellow students from school and when they can catch a break, they enjoy listening to music together.

Pye said everyone at the club loves seeing Jacob and how much he enjoys his employment there.

"It's a perfect fit here for Jacob," said Pye.

"He's super enthusiastic and that's the type of people we like to hire," he added.

Jacob's proud mother Sue said she is extremely thankful for the opportunity the club has given him and is thrilled that he enjoys working there so much.

"They've embraced him completely," said Sue.

Pye said he and other staff members always look forward to the days that Jacob's name is on the schedule because he's a hard worker but also someone that's easy to get along with while on the job.

"He's a great guy and he's part of the team," said Pye.

Not only is Sue grateful for the staff at Cherry Hill Club for the way they have welcomed her son, she is also beaming with appreciation for Community Living Fort Erie, an agency that has supported Jacob since he was about three-years-old.

Without their programs and services, Sue said things might be a lot different for Jacob than they are today.

Being involved with the organization has taught him to fit right in with everyone around him and he has done so remarkably over the years.

"Jacob's success in the community has given him the confidence to achieve so much academically and socially, more than we could have ever expected," she said.

Before Jacob's 18th birthday, his case manager provided advice on how to make his transition into adulthood go as smoothly as possible and Sue said simply that it's working.

"Jacob is on the right path to even more successes in the future," she said.

The positive impact Community Living Fort Erie has had on Jacob's personal growth is why Sue, for the last two years, has been on an organizing committee for the agency's annual and biggest fundraiser.

"We couldn't have done it alone, so now it's time for me to try and give back," said Doan.

This year's event will have a Rio Carnivale theme and will be held on Nov. 16.

You can call (905) 871-6770 for more details or if you are interested in donating to the cause.

ALL SAINTS' TRIVIA NIGHT AND SILENT AUCTION

Thank you to participants and sponsors for making the evening such a success.

Proceeds will go through All Saints' Church, Ridgeway, to charities in our community.

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Ask Our Pharmacists

ZOSTAVAX: PREVENT SHINGLES BEFORE ITS TOO LATE!

Shingles is caused by the same virus that causes chickenpox (varicella-zoster virus). After the chickenpox blisters heal, the virus remains dormant in nerve cells in your body. It can become reactivated after many years resulting in shingles. It is not known exactly why the virus becomes reactivated, however it is thought that having a weakened immune system along with physical trauma, UV light or stress may play a role. The risk of developing shingles increases with age and people over 50 years old are at the greatest risk. The symptoms include a painful, blistering rash that often breaks out in one part of the body, usually the chest or upper back are involved. Sometimes the pain resulting from shingles can last for weeks, months, or rarely years, after the rash heals. This lasting pain has been described as burning, aching, throbbing or stabbing and can result from something as little as a breeze or the touch of clothing on the skin. Older people are again at greater risk. Shingles may also result in skin infections at the site of the rash or scarring following healing of the rash.

Fortunately, a vaccine is now available to boost your immune system and help to prevent shingles and its complications. It is called Zostavax and is available to adults over 50 years old. The vaccine cannot be used if you are already experiencing symptoms of shingles; it is only used for prevention. The vaccine is given as a single dose by injection just under the skin of the upper arm by a doctor or trained nurse. As all medicines and vaccines can have side effects, some people may experience redness, pain, swelling, or bruising at the site of injection or headache. These are the most common unwanted effects, but they are usually minor. This vaccine was found to reduce the risk of developing shingles by about 50-70% (depending on your age) within the first year after receiving the vaccine.

Zostavax must be stored frozen below -15 degrees Celsius until the day it is to be used. Only a few pharmacies currently have the correct storage facilities for this vaccine to be able to stock it. Zostavax is available from all of the Boggio Family of Pharmacy locations.

Zostavax is safe for most people, however it should not be used by anyone who:

- IS ALLERGIC TO ZOSTER VACCINE OR TO ANY OF THE INGREDIENTS OF THE MEDICATION (INCLUDING GELATIN)
- IS PREGNANT
- HAS A WEAKENED IMMUNE SYSTEM (E.G., DUE TO CANCER, HIV/AIDS, PROBLEMS WITH BONE MARROW, OR OTHER IMMUNE SYSTEM PROBLEMS)
- HAS ACTIVE UNTREATED TUBERCULOSIS
- HAS HAD A SERIOUS ALLERGIC REACTION (HIVES, FACE SWELLING, DIFFICULTY BREATHING) TO NEOMYCIN
- TAKES HIGH DOSES OF STEROIDS (E.G., PREDNISONE, METHYLPREDNISOLONE) BY INJECTION OR BY MOUTH

Since this is a relatively new vaccine, it is not known if it will provide protection from shingles for longer than 4 years.

Talk to your doctor or pharmacist for more information and advice about shingles and to find out if the Zostavax vaccine is right for you.

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KRIS DUBÉ Fort Erie Times

Volunteers from the Fort Erie Credit Union, along with student volunteers collected 52 pairs of skates and over $1,200 for Skates for Kids program.

Shred–It protects identity, helps kids get on ice

The Fort Erie Credit Union held their annual Community Shred-It Day, collecting 52 pairs of skates and over $1,200 for the Skates for Kids program.

Shred-It Day provides residents with the opportunity to safely dispose of personal documents, while helping the Skates for Kids program. Because most household shredders can only handle a few pages at a time, this event provided the opportunity to dispose of boxes of papers professionally and safely.

Tami Johnsen, member service representative with the Fort Erie Community Credit Union Limited, said that the event was an overall success, the Shred-It truck was completely filled and the community came together to support a great cause.

"This was really a community event - all the skates and money collected was by donation. We had local students come in to help with the barbecue, which was great for them because they were able to earn some community service hours and at the same time become a part of the community," she said.

Both Credit Union locations in Fort Erie will be accepting donations of gently used skates all year long.

PenFinancial Credit Union's Skates for Kids Program was launched in the summer of 2009, in partnership with local businesses and service organizations, to assist Niagara schools in developing a school wide skating program.

Since its inception, Skates for Kids has collected, cleaned, sharpened and delivered over 1,000 pairs of gently used skates and over 300 new helmets to schools in the Niagara Region.

In addition to skates, PenFinancial has also organized free skate days for all sponsored schools including complimentary bussing, refreshments and volunteers to help deserving children hit the ice.

Have you HEARD?

by Alaina Hiller, M.Cl.Sc
Registered by CASLPO
Doctor in Audiology, Audiologist

ALL ABUZZ!

Ringing in the ears ("tinnitus") affects an estimated 10%-15% of the worldwide adult population. This annoying condition, most commonly caused by exposure to loud noise, affects men more than women, especially as they get older. The majority of those with tinnitus also suffer from some degree of hearing loss. If so, the use of a hearing instrument can help by allowing the wearer to hear normal sounds more clearly, which helps divert attention away from the buzzing sounds. Amplifying sounds with a hearing instrument may also make it less likely that the brain's sound-processing regions will produce tinnitus sounds. About half of people with both hearing loss and tinnitus report less buzzing when they wear a hearing instrument.

Professional audiologists who specialize in tinnitus can help people determine whether or not they have tinnitus, and if the tinnitus is mild, moderate or severe. They can then advise on the best treatments. Some current treatments are customized to each patient's unique hearing profile, and target the underlying auditory, attention, and emotional processes underlying the tinnitus. To schedule a hearing evaluation, please call HEARAGAIN BALANCE & HEARING CLINICS at 905-871-4242 to schedule a hearing exam. We are located at **660 Garrison Rd., Unit 12, and our hours are M-F, 8am-5pm. Most major insurance accepted. Please visit our website at www.hearagainclinics.com**

P.S. Loud noise may not only cause tinnitus (and hearing loss), but it may also make it worse.

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Together, we stand up to Breast Cancer

Regular Breast Exams and Mammogram Screening for women between 40 and 49 are important in preventing Breast Cancer.

October is Breast Cancer Awareness Month

Margaret-Ann

Diagnosed: Age 41
Cancer free for the past two years; NED
Now: Age 43

"I am a very outgoing person who loves to spend time with family and friends. I sing in my church choir and love to cook/bake! No cancer in my family"

Advice to new patients: "Find inspiration that will keep you positive—music, letters, poems, faith, church or whatever. Lean on your family and friends."

FORT ERIE TIMBER MART
584 Garrison, Fort Erie
(905) 871-3648
www.doidgetimbrmarts.ca

Roxanne

Diagnosed: Age 30
Currently NED
Now: Age 31

"This year, I battled breast cancer while pregnant and won. I'm now living the best possible life I can. I wouldn't change a thing about my journey."

Advice to new patients: "Attitude is everything. Be strong, fight hard, and kick ass!"

Ridgeway-Crystal Beach High School
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905-894-3461

Stacy

Diagnosed: Age 49
Currently NED
Now: Age 51

"I am a single mother of two daughters, a public relations consultant at a communications firm, and a very active education advocate at the state and national level. After spending almost three years lobbying for the Arkansas Breast Cancer Act, I thought I knew everything about cancer—until I was the one battling the disease."

Advice to new patients: "Make sure you're oncologist is a doctor you trust. If you're like me, science is not my forte, so it was very important for me to be in the hands of a brilliant physician known for curing cancer. Let people take care of you. Now is your turn to accept the many gestures of love and friendship."

Benner Funeral Services Inc.
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DARREN FLAGG
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www.bennerfuneralservices.com

Susie

Diagnosed: Age 51
Currently NED
Now: Age 53

"I have always focused on taking good care of myself. I was a marathon runner, and I have a passion for fitness and nutrition."

Advice to new patients: "Keeping positive and happy is the best advice I can give, besides getting a cute wig! Hair was so important to me, being a Texas girl...so I wore them daily until my new hair came back...never [give] cancer any power in [your] life."

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Stef

Diagnosed: Age 37
Currently NED
Now: Age 38

"I'm a university professor, attorney, sexual health and breast cancer advocate, and relationship and sex blogger."

Advice to new patients: "Communicate with your doctors and don't always assume that they know what's best for you. Trust their expertise, but also trust your own instincts."

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Sonya Rose

Diagnosed: Age 39
Currently battling hereditary breast cancer
Now: Age 40

"I'm climbing the highest mountains to survive, with many challenges along the way. I'm remaining strong and carrying on...Enlightened, rising above breast cancer, and seeing the bigger picture."

Advice to new patients: "Take one day at a time. Find your inner strength, courage, and faith to get through...If you look too far ahead, you might get dizzy and pass out from it all. Ask yourself: 'What makes me feel nurtured, encouraged?' Do whatever possible to make you feel special because you are. Be patient, learn to wait, take a drive, breathe in that fresh air—life. If you have something to look forward to...if you have love in your life, it will help pull you through. Never forget, you're not alone."

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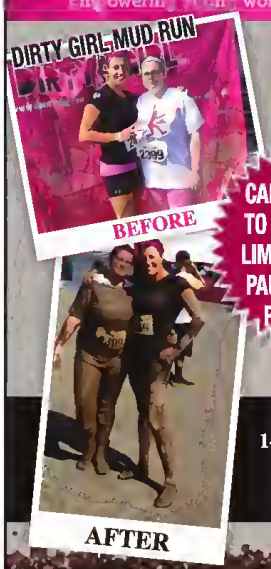

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left to right:
Mom - Sue Paliska,
Sister - Linda MacDonald,
Me - Nancy Ryan,
Dad - John Paliska
at Relay For Life

Name: Nancy Ryan
Diagnosed at: 43
Now: 61

Inspiration:
At the age of 43 I still had so much to look forward to in life. I had two children ages 14 and 12, a loving husband, family and friends. I knew I had to be strong and fight as hard as I could to be there for my family.

Advice to new patients:
Be an advocate to your body and listen to your gut. Talk to someone who has walked in those very shoes. Write down questions to ask if you are too embarrassed, there are no stupid questions.

How have I changed:
I do not sweat the small stuff and live each day to the fullest. Being a cancer survivor has taught me that life is too short and I am more thankful and grateful for everything in my life.

What I am proud of:
I am proud that I have fought and that I am still here today and still with my family. I am proud that I can give hope and guidance to people going through the fight.

What I wish everyone knew:
Be self aware, self examine, go with your gut and if needed, get a second opinion.

If you have been are looking for someone to talk to or a shoulder to cry on please feel free to visit cancerconnection.com

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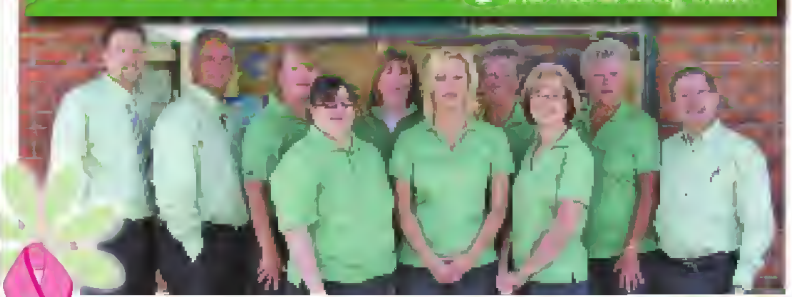

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Andrea

Diagnosed: Age 39
Currently NED as of March 2011
Now: Age 42

"I have a new zest for life and feel obligated to give back. Cancer has forever changed me. Through the storm, I am able to experience the life I always wanted. I had to have this test so that I could have a testimony. My testimony is allowing me to do the things I feel passionate about such as motivational speaking and writing books. I just published a children's book, Mommy is Still Mommy: Cancer Can't Change That!"

Advice to new patients: "Never give up! Attitude is everything. Your frame of mind will frame your world."

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Carol

Diagnosed: Age 48
Currently NED
Now: Age 54

"There was no history of breast cancer in my family. I never thought it would happen to me—I was too busy being a mom. I let 2 years go by between mammograms, which turned out to be a big mistake!"

Advice to new patients: "Approach your treatments head on, don't look away for a second, and don't be scared! It's all doable. Also, don't get overwhelmed by doctor speak. [It helps to] take someone with a fresh pair of ears with you to your appointments and treatments."

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Closed Weekends & Holidays

Amy

Diagnosed: Originally at age 18 and then again at age 26
Currently unsure of status
Now: Age 27

"I am truly a very happy person. I am so lucky for all of my many blessings. I am filled with so much love."

Advice to new patients: "Be and think positive...it could be the difference between life and death. Also, a strong support network is so important."

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Barbara

Diagnosed: Age 36
"I completed 8 rounds of Chemotherapy on June 30th and had a Bilateral Mastectomy on August 12th. I am about to start Radiation Therapy."
Now: Age 36

"I am currently an active duty Marine Gunnery Sergeant and have been serving for 17 years...I have deployed to Iraq and Afghanistan, [and I] have completed 10 Marathons in the last 5 years."

Advice to new patients: "I would advise new patients to get through one day at a time and deal with each portion of the journey as it presents itself. Always talk to someone about how you feel."

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Becky

Diagnosed: Invasive Lobular Carcinoma of breast May 22, 2013
Now: Age 33

"Since the diagnosis, I am so much more aware of other individual's needs and sufferings now. I have friends who are in daily pain, others who are dealing with grief and loss of loved ones, one that is wanting to have children but unable to.... Somehow, I missed this before, but now I am able to empathize with them in their situations. I'm thankful for my new insight and hope it will help me in my future career!"

Advice to new patients: "Be flexible if you can. It's hard to plan ahead, but knowing and accepting that somehow makes it easier."

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E-mail: kimb@royallepage.ca
www.royallepage.ca

Sandra

Diagnosed: Breast Ductal Carcinoma in Situ
October 10, 2012
Now: Age 60

"It is a horrible thing to go through but I am cancer free and that is what counts. I think I should have thought long and hard on this and checked on all plastic surgeons and different hospital available to me. I rushed into it and that was my mistake."

Advice to new patients: "Just to give it much thought and don't rush into it like I did. Check out the doctors and the hospitals."

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Patty

Diagnosed: Lobular Breast Cancer
Stage 2-Right Breast
May 12, 2012
Now: Age 58

"Since I found out, everything has changed in my life. From my outlook to how how I look at life, to how I get rid of all people who are toxic right out of my life. Physical changes - emotional changes. Doing more vacations and time with family and friends."

Advice to new patients: "Pray! Pray! Pray and believe that God will get you though even on your toughest days."

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Colleen

Diagnosed: Early Breast Cancer
March 28, 2013
Now: Age 51

"Do self exams on yourself as that is how I found the lump in my breast. Think twice about Hormone replacement therapy to prevent menopause. Think twice about Silcone implants and dson't use tanning beds. Learn to handle stress in a better way. Eat right and exercise. Don't take life so serious and learn to enjoy what you have because our life is short and can be taken away in a blink of an eye."

Advice to new patients: "Don't keep your fear locked inside talk about it. Share what you are feeling."

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Société canadienne du cancer

Anita

Diagnosed: Invasive Ductal Carcinoma of my right breast, Stage 1, Grade 1, PR/ER + January 1D, 2D12
Now: Age 54

"I live each day as it comes now. I don't worry about long term goals, like I did before. I enjoy my life. My family has been there for me through this whole ordeal. My husband is a joy and I have to say having a small child to raise has helped me daily."

Advice to new patients: "Keep a positive attitude is the best advice I can give. Take it one day at a time, if you feel tired, take a rest."

FORT ERIE CREDIT UNION
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forteriecu.com

Jerri

Diagnosed: Stage 3 Breast Cancer
April 1D, 2D13
Now: Age 48

"I refuse to accept anything not going well. Life is too short to look at the negatives. If it's a tough day, I find something little to be happy about. If you truly stop to think about it, we all have many things that are going right. Somedays it might be easier to see them; however, each day we have to take the time to find them. I don't think about tomorrow, so I focus on what's good right now."

Advice to new patients: "Lean on your spouse, family and friends. Don't walk this walk alone. If you are afraid, it's ok; however, don't let fear rule your life."

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Angie

Diagnosed: Invasive Ductal Carcinoma/ Ductal Carcinoma in 5itu
January 9, 2D13
Now: Age 42

"I'm definitely more appreciative than ever before! I've had alot of friends and family come to my side and truly want to help."

Advice to new patients: "Don't be so scared, you have lots of people that love you!"

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Barbra

Diagnosed: Stage IIIB Triple Negative Invasive Ductal Carcinoma (3 tumors) in Left Breast
December 11, 2D09
Now: Age 60

"My cancer is in remission (Whoo hoo). I have learned not to sweat the small stuff and live each day to the fullest and to never ever give up hope, to stay strong and positive always, and to give back more and pay it forward."

Advice to new patients: "Rely on family & good friends for support"

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Diane

Diagnosed: Invasive Ductal Carcinoma, Stage II, Estrogen Positive
August 30, 2010
Now: Age 41

"I know that life is short, and I know that cancer does not discriminate. It didn't matter that I tried to take care of myself. It didn't matter that breast cancer didn't run in my family or that I didn't carry the BRCA genes. It didn't matter that I was young (39) at the time of my diagnosis. Going through cancer treatment made me realize that we have a so much more to go in the humane treatment of cancer."

Advice to new patients: "Don't go through it alone."

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Tammy

Diagnosed: Intermediate Grade Invasive Ductal Carcinoma
March 16, 2D12
Now: Age 42

"Having had cancer has made me realize there are no guarantees. I work with people everyday who are dealing with "bumps" in their road, as an occupational therapist. I TRY not to take too much for granted."

Advice to new patients: "Have a good support system. Don't be afraid to cry when you need to... but then realize just appreciate every moment. Lean of friends, family. They WANT to help... even it's just an ear. "

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Debra

Diagnosed: Breast Cancer Stage 2B
June B, 2010
Now: Age 60

"The most challenging thing about cancer is accepting it. I am a great helper. It's harder to accept help than to give help. I am relying on other people more. I have learned how important small considerations can be."

Advice to new patients: "Learn to ask for help."

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Leticia

Diagnosed: Invasive Ductal Carcinoma
Stage IV
April 9, 2009
Now: Age 50

"I was diagnosed in my last semester of Nursing School. I managed to finish my education & am a new Nurse. Since I was diagnosed my attitude has changed. I want so much to give something back and make a difference in this world."

Advice to new patients: "You are a strong and caring person you keep fighting. We are not in control. Live life to the fullest don't sweat the small stuff. Spend every minute you can with your family. But most of all never give up be as positive as you can."

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A clinical breast examination (CBE) is a physical examination of the breasts by a doctor or nurse practitioner during an annual medical check-up or in addition to a mammography, ultrasound or breast MRI appointment. A trained professional may detect changes in the breast that are difficult to detect by self-examination.

Evidence about CBE
There is no direct scientific evidence that CBE reduces breast cancer death rates – no trials have studied CBE alone without mammography. CBE is complementary to screening mammography – it does not replace it. Studies of CBE in the context of an organized breast cancer screening program show that CBE by a trained health care provider, in addition to mammography, makes a slight contribution to the breast cancer detection rate, but at the cost of a sharp increase in false positive rates. For this reason, some organized breast cancer screening programs are no longer offering CBE as a part of their service

Deciding if CBE is right for you
To make an informed decision about what is right for you, the Canadian Breast Cancer Foundation encourages you to learn about the benefits and limitations of CBE. A regular check-up with a health care provider can be a good opportunity for you to discuss your breast health, including any unusual breast changes, your risk for breast cancer, and screening for the earlier detection of breast cancer.

Breast health discussion points for you and your health care provider

- Any breast changes or concerns (e.g., pain, discharge, lumps, etc.).
- Your risk factors for breast cancer (family history, smoking, etc.) and lifestyle changes you can make to try to reduce your risk.
- Benefits and limitations of CBE.
- Your options for breast cancer screening.

The Canadian Breast Cancer Foundation also encourages women and men to be breast aware know how your breasts normally look and feel, know what changes to look for, and discuss any unusual breast changes with a health care provider.

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BONE

Primary bone cancer starts in the bone's cells. A rare disease, it is not the same as secondary bone cancer, or bone metastases, which starts elsewhere in the body and spreads to the bones. Osteosarcoma is the most common type of bone cancer. It starts in new tissue in growing bones, most often in the knee area. Osteosarcoma tends to spread to other parts of the body, especially the lungs.

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HODGKIN LYMPHOMA

Hodgkin lymphoma is a cancer that starts in the lymphocytes, the cells of the lymphatic system, which extends across the body. Hodgkin lymphoma usually begins in a group of lymph nodes in one part of the body, most often the neck. It grows in a predictable, orderly way from one lymph node group to the next. Eventually, it can spread to almost any tissue or organ in the body through the lymphatic system or the bloodstream.

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LEUKEMIA

Leukemia is a cancer that starts in the stem cells of the bone marrow. Bone marrow, which makes blood cells, is the soft, spongy material that fills the centre of most bones. Leukemia develops when the blood stem cells produce abnormal blood cells. Over time, the leukemia cells crowd out normal blood cells, making it hard for the white blood cells, red blood cells, and platelets to do their jobs.

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OVARIAN

There are three main types of ovarian cancer. For each type, the cancer starts in a different type of cell found in the ovaries:

- epithelial cell cancer starts in the cells that cover the outer surface of the ovary;
- germ cell tumours start in the egg cells within the ovary and generally occur in younger women. Germ cell cancer can even develop in children.
- Stromal tumours start in the connective tissue cells that hold the ovary together.

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CERVICAL

Cervical cancer starts in cervix cells. The cervix is the narrow lower part of the uterus and is the passageway that connects the uterus to the vagina.

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BRAIN

Primary brain tumours start in the brain and can be either benign or malignant. Cancerous tumours that begin to grow in other parts of the body and spread to the brain are called secondary or metastatic brain tumours. Elsewhere in the body, benign tumours are generally not considered as dangerous as malignant tumours. In the brain, however, both kinds can be serious and possibly life-threatening.

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PROSTATE

The prostate is part of the male reproductive system. This gland's main function is to make seminal fluid, which mixes with sperm from the testicles to make semen. Prostate cancer is the most common type found in men. It usually grows slowly and can often be cured or successfully managed. Nevertheless, prostate cancer is the third leading cause of death by cancer in men.

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PANCREATIC

The pancreas is a large gland that lies behind the stomach, deep inside the upper abdomen. The pancreas is part of the digestive system and is also part of the hormonal system, for which it makes insulin and other hormones. Most pancreatic cancers start in the ducts that carry pancreatic juices.

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Suspected arson destroys structure

The Fort Erie Fire Department was called to a fire around 10 p.m. Sunday. Fire Chief Larry Coplen said by the time they arrived at the fire the building was on the ground.

"The fire was on Eagle St., just east of the QEW near a trailer park. It was a really rural area, so no one noticed the fire right away," he said.

The structure, which is owned by an American, had been sitting without power for about two years, but had also become known as a 'hang-out' for teenagers.

Because the building was destroyed by the fire investigators were unable to determine a cause, but were able to put a note of probable arson on the case.

Coplen said that even abandoned building should be secured from unauthorized entry.

"A fire like this puts the firefighters at risk and costs the town," he said.

Anyone with information on the fire is asked to contact Crime Stoppers at 1-800-222-8477 or the Niagara Regional Police at 905-871-2300.

QMI Niagara file photo

Niagara Regional Police are asking anyone with information regarding a suspicious fire Sunday night to contact them, or Crime Stoppers. The building was abandoned and a complete loss as a result of the fire.

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Niagara Regional Housing turns to council for aid following tax hike

Jeff Bolichowski
QMI Agency Niagara

A higher tax bill for social housing has Niagara Regional Housing turning to regional council for aid.

An extra $700,000 is the only way to cover the costs after the Municipal Property Assessment Corporation re-evaluated the tax bills for several social housing properties, said NRH general manager Lora Beckwitb.

She said the re-assessments mean NRH must pay more taxes on its multi-residential buildings and can't squeeze the cost in under the tax targets regional council is looking for. Without the cash, she said, NRH would have to risk putting off maintenance and going into arrears on energy bills to keep the taxes paid.

"For us to accommodate this in our budget, we couldn't do it," she said.

The re-assessments will drive NRH's tax bill from $4.1 million in 2012 to $4.6 million in 2014, Beckwith said.

"This is an exceptional circumstance. It only happens once every four years," she said. That's how often MPAC —the arm's-length provincial body responsible for tax assessments — re-evaluated properties.

But the new taxes are part of a package of budget stresses threatening to push Niagara Region's 2014 budget past the 2% tax hike regional councillors sought for the year ahead.

Beckwith said the re-assessments saw the taxes on various buildings rise as much as 48%.

Higher tax bill for social housing puts Niagara Regional Housing in tight spot.

Photo provided

Budget committee chair Dave Augustyn said NRH will have the chance to plead the case for more funding to council in October.

"It's a significant pressure. I think we'll bave to determine what we're going to do with it and how to address it," said the Pelham mayor.

"It is, I'd say, above the line in terms of guidance."

Augustyn said any time a Regional agency or board goes over budget, it must make a business case to council. It's up to councillors if they grant the extra cash or send them back to squeeze it in with tbe dollars they have.

He said it's too early to say if councillors are willing to go over their budget target.

The $700,000 figure could change, too, said NRH board member George Marshall. The Welland regional councillor said there is a process for appealing MPAC re-assessments.

"It's certainly a serious problem," Marhsall said. "When you're trying to keep things at a reasonable level, when ability to pay is an issue, it does constitute a problem.

"I think and hope that number's going to be modified."

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Police warning about supplier email fraud

Niagara Regional Police are warning local businesses who deal with overseas suppliers about an ongoing email scam.

Police say suspects have been contacting local businesses by e-mail, pretending to be a known supplier of the business.

The fraudsters then advise that the supplier has changed its banking information.

They request that all payments be forwarded to new bank accounts by electronic transfer. The email appears to be from a known contact of the supplier, with an email address very close to the original.

By the time the fraud is realized, the funds have been removed from the bank accounts.

Police advise businesses not to act on email contact information alone.

They suggest verifying the legitimacy of a change in banking information by speaking with a known company representative by phone, using contact information already on file.

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PUBLIC NOTICE

NOTICE OF PUBLIC MEETING AND OPEN HOUSE PROPOSED REGIONAL POLICY PLAN AMENDMENT (RPPA 3-2013)

Regional Policy Plan Amendment: Hamlet Policies

PURPOSE

Notice is hereby given that the Council of the Regional Municipality of Niagara will hold a public meeting, pursuant to Section 26 of the *Planning Act* R.S.O. 1990, as amended to discuss the Regional Policy Plan Amendment to the Hamlet Policies (RPPA 3-2013) as part of the five-year Official Plan review. In addition to the public meeting, Regional Staff will be conducting an Open House to provide members of the public an opportunity to ask questions and learn about the proposed amendment.

PROPOSED CHANGE

An amendment to the Regional Policy Plan is being undertaken to update the hamlet policies in order to ensure conformity with the Growth Plan for the Greater Golden Horseshoe, the Greenbelt Plan and to implement the settlement with the Ministry of Municipal Affairs and Housing (MMAH) on the appeal of Amendment 2-2009 (Niagara 2031). The proposed amendment establishes the importance of Hamlet communities, creates growth and development policies for hamlets and aligns policies with Provincial legislation and Amendment 2-2009. The amendment will also include defined boundaries and mapping of hamlets based on previous decisions made in conjunction with the local municipalities. The proposed amendment will be applicable to all hamlets throughout the Region and will include both text and mapping changes.

HAVE YOUR SAY

Public input on this proposed amendment is welcomed and encouraged. You can provide input by speaking at the public meeting or by making a written submission to the Region. If you do not express your views through these avenues, you may be forfeiting your right to appeal Council's decision to the Ontario Municipal Board.

OPEN HOUSE

This Open House is being held under the provisions of Part III – Official Plans of the *Planning Act* at the following time and place:

DATE: Wednesday Oct. 16, 2013
TIME: 2 – 4:00 p.m.
LOCATION: Niagara Region Headquarters – Campbell West
Integrated Community Planning Board Room
2201 St. David's Rd.
Thorold, ON

PUBLIC MEETING

This Public Meeting is being held under the provisions of Part III – Official Plans of the *Planning Act* at the following time and place:

DATE: Wednesday Oct. 23, 2013
TIME: 1 p.m.
LOCATION: Niagara Region Headquarters – Campbell West
Temporary Council Chambers, Formally CE 101 & 102
2201 St. David's Rd.
Thorold, ON

WRITTEN SUBMISSION

To provide input in writing or to request personal notice if the proposed change is adopted, please send a letter c/o Regional Clerk, Niagara Region, 2201 St. David's Rd., P.O. Box 1042, Thorold, Ontario L2V 4T7, or email **janet.pilon@niagararegion.ca.**

MORE INFORMATION

For more information about the proposed Amendment please contact Kailen Goerz, Planner by phone at 905-685-1571, ext. 3179 or email **kailen.goerz@niagararegion.ca.**

A copy of the proposed Amendment and information and materials related to the Amendment are available for inspection in the Integrated Community Planning Department at the above address Monday to Friday between 8:30 a.m .and 4:30 p.m .and at **www.niagararegion.ca.**

If you require any accommodations for a disability in order to attend and participate in meetings or events, please let us know in advance so that arrangements can be made in a timely manner. Special accessibility accommodations and materials in alternate formats can be arranged by contacting the Niagara Region's Accessibility Advisory Coordinator at 905-685-4225 ext. 3252 or **accessibility@niagararegion.ca.**

LEGAL NOTICE

The Planning Act

If a person or public body does not make oral submissions at a public meeting or make written submissions to the Regional Municipality of Niagara before the proposed official plan amendment is adopted, the person or public body is not entitled to appeal the decision of the Council of the Regional Municipality of Niagara to the Ontario Municipal Board.

If a person or public body does not make oral submissions at a public meeting or make written submissions to the Regional Municipality of Niagara before the proposed official plan amendment is adopted, the person or public body may not be added as a party to the hearing of an appeal before the Ontario Municipal Board unless, in the opinion of the Board, there are reasonable grounds to add the person or public body as a party.

If you wish to be notified of the adoption of the proposed Policy Plan Amendment, you must make a written request to the Regional Clerk and such request must include the name and address to which such notice should be sent.

Niagara Region
/niagararegion www.niagararegion.ca @niagararegion

A new view: Fort Erie Built Heritage Working Group

Data collected to help council in deciding whether to create one or more Heritage Conservation Distrits

Stacey Horton Steele
Special to the Fort Erie Times

You may have seen us around town, stopping to take photos; admiring the view.

Some of you have been curious enough to approach us and are pleasantly surprised to find that yes, we are admiring your house.

Our intention is to create a collection of photos and information on the Town of Fort Erie's architectural heritage.

We are a volunteer group with extensive training in some aspect of built heritage as architects, developers, real estate agents, contractors, or historians. Some of us have families that have been here for many generations and others that hold close cross-border connections with friends and relatives and understand the deep American influences on our community.

Our mission: to establish an online, searchable, public database similar to other communities in Ontario, consisting of an exhaustive inventory of heritage properties identified as important community assets. It will help guide public policy, assist scholars and researchers, create heritage tourism opportunities, as well as offering education for locals and visitors alike. The database will only contain publicly available information and photos taken from public property.

If an owner chooses, they may permit private property access or personally contribute further notes and photos. Items that are always of interest include details on the year of construction, materials used, style, design, craftsmanship, character, past owners and/or associations of that property with the Greater Fort Erie area and its local narrative. From there the Built Heritage Group as a whole will formally assess and grade the properties, determining which are worthy of further investigation and possible designation.

This will occur rarely and only in a few exceptional cases. The data collected will also be used to help council in deciding whether to create one or more Heritage Conservation Districts. Mainly, it will add significantly to the tools available to engage the public, explain the importance of heritage, and build community pride.

This is a massive undertaking; creating an inventory of built heritage from every corner of Greater Fort Erie. Not simply homes, but businesses, barns, outbuildings and other man-made architectural features that make it worthy of note. In this sense, individual or a combined number of elements of the building or property may be designated. Designation in the Town of Fort Erie is a friendly approach to upholding and maintaining our pride in this community and there are benefits to the eventual recognition. Studies show a more stable market value of your property once designated an "official" Heritage Building. These homes are highly sought-after and rare properties. The Town and Region also offer tax rebates to Designated Heritage Homes. The designation process is very comprehensive and in our Town, is an open relationship pursued at the discretion of the owner.

So if you see us out admiring your house, it's with a new view of it in mind; its importance to our Town today and to future generations. This is an opportunity to share with the community, take pride in our heritage and be a part of it in the present.

Contact us to pass on information or photos that you feel would be significant to our architectural study in particular, or of wider historical value to the Museum and Town: Keith Overend, Group Leader • 905-894-8042, or Dave Heyworth, Manager Land Use Policy, Town of Fort Erie • 905-871-1600 x2504, or email FortErieHeritage@gmail.com

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It's that time of year again...

cast your vote for Fort Erie's Finest 2013. This annual award is determined by you. Simply indicate your favourite person or business for each category listed below.

Deadline for entries is Friday, October 18th, 2013. Once you've filled in your selections for Fort Erie's Finest, please tear out page and mail or drop off to The Fort Erie Times, 450 Garrison Rd., Unit #1, Fort Erie L2A 1N2.

No facsmiles accepted. Emails with "My Vote" in subject line to myra.robertson@sunmedia.ca by midnight October 18th.

Only categories listed will be considered for awards

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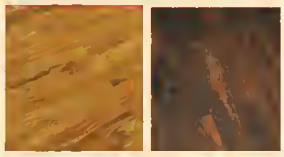

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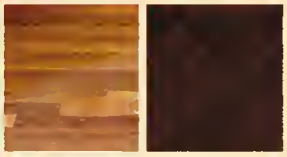

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What goes around, comes around at COPE

COPE held a community barbecue last week to give back to the community. They served over 90 meals and some returned for seconds and thirds. Though they had enough food for the demand.

Photo provided

KRIS DUBÉ Fort Erie Times

Recently, Barb Volzke from Community Outreach Program Erie accepted a $3,214 cheque from Herb McGirr and Delaney Passero that was raised at the third annual Jeff Hearn Memorial golf tournament at Fort Erie Golf Club on Sept. 7.

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*Balancing, taxes, eco fees extra (including free tire). Must purchase three of the same tire model to get the fourth identical one free.
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REG	$102.99 ea, up 175/70R13 82T	$129.99 ea, up P155/80R13 79S	$169.99 ea, up P235/75R15 108S	$157.99 ea, up xxxx/xxx/xxx xxx
PROMO	$25.75†† mth TOTAL COST OF 4 TIRES: $102.99	$32.50†† mth TOTAL COST OF 4 TIRES: $389.99	$42.50†† mth TOTAL COST OF 4 TIRES: $509.99	$39.50†† mth TOTAL COST OF 4 TIRES: $473.99
BRAND	EVERTREK RT/HP	ALLEGRA FUEL MAX	WRANGLER SR-A	TOTAL TERRAIN W/T
TYPE	ALL-SEASON	TOURING	HIGHWAY	WINTER
TIRE SPEED	T	T, H, V	S (P-METRIC SIZES ONLY)	N/A
VEHICLE	SEDAN	LUXURY SEDAN	LIGHT TRUCK/SUV	LIGHT TRUCK/SUV
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Autumn offers a bonanza of fundraisers, awareness weeks

Don Fraser
QMI Agency

What is it about late fall that makes groups and popular movements so keen to be aware?

From International Walk to School Month and World Food Day — October and November are positively stacked with awareness weeks and months.

And a great number of them are related to health-and-wellness issues.

A Health Canada list spotlighting these national and international causes details 57 for the two months alone, far outstripping any other time of the year.

"It is an interesting thing," agrees Liz Palmieri, executive director of Niagara Community Foundation who suggests several reasons for fall's cornucopia of awareness activities.

Some are fundraisers that tie into a trend for donations to roll into charities during the year's last quarter.

Other groups and associations recognize autumn is when people are back in the saddle and rewired to their communities' needs. Vacations have ended, schools are in session and workplaces fully staffed.

"November is also the month when the United Way campaign is wrapping up, when local charities are starting their annual holiday campaigns and when people are thinking about their year-end donations," Palmieri said.

"And it could also be something significant that happened with that charity in those months."

Social media, including Facebook "likes" and Twitter hashtags, has also become an effective way for causes to spread their message using a special day, week or month.

Palmieri's group is a charitable foundation that works to improve Niagara through endowment funds, grants and enabling philanthropic partnerships.

This year, its board joins other awareness-oriented partners in declaring November as Philanthropy Month in Niagara.

The move is a tie-in to Canada's National Philanthropy Day, on Nov. 15, with the foundation encouraging other municipalities to come on board.

"We want to raise awareness of the importance of philanthropy," Palmieri said.

"And we want to recognize the contribution that so many people and organizations have made to our wonderful community."

Niagara Region's public health department also tries to tie in its efforts to some national and international awareness schedules.

Among them is National Infection Control Week, from Oct. 21 to 25.

See Page 34

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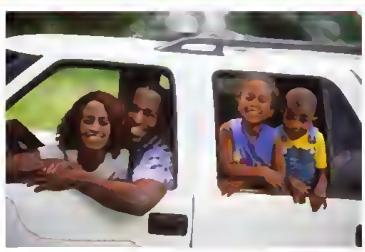
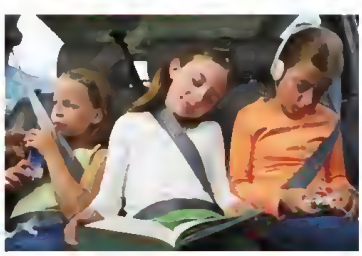
An alignment is a series of precise measurements and adjustments to ensure your wheels are travelling parallel to each other and that the tires are making full tread contact to the road. Wheel alignment prevents uneven tire tread wear, vehicle pulling to one side while driving, and the steering wheel feeling 'off centre'. It also maximizes tire tread life, contributes to safe and dependable vehicle control and improves fuel economy.





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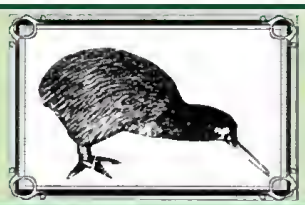

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Tickets are available from any Senior's Club or Centre, or phone:
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Meteors look to bounce back after shaky start to season

The Fort Erie Meteors are off to a rocky start to the 2013/2014 season with a record of 1-5-2, for a total of four points.

The Meteors took on the Welland Canadiens on Sunday, only to find themselves fall 4-3 in overtime after Christian DiFonzo notched a power play goal for the Canadiens to lead them to victory.

The back and forth affair saw Welland on the scoreboard first, but it was Carson Johnstone of Fort Erie who tied the game up at 13:53 of the first period.

Fort Erie took the 2-1 lead early in the second period with a goal from Jacob Toppazzini only to see their lead disappear after a power play goal from Canadiens Matt Cuglietta. Welland took the lead early in the third period, but with time ticking down on the clock Mac Passero scored for Fort Erie forcing the game into overtime.

The overtime goal was scored at 2:15, after a hard fought battle from the Meteors. Shots on goal were 37-3- for Fort Erie.

Fort Erie will be taking on Ancaster, Oct. 3 and Niagara Falls Oct. 4, game times are at 7:30 p.m.

Autumn best time for fundraising

JULIE JOCSAK QMI Agency Niagara

Niagara Community Foundation executive director Liz Palmieri says many agencies find autumn to be the best time of year for fundraising and awareness campaigns.

From Page 32

It used to do it in September, but decided to align it with the national event.

Heather Hague, the health department's manager of infectious disease, said it made more sense to link their efforts with other health-care providers and authorities who can share up-to-date research. The week will also update the schedule for this year's flu shots and vaccination efforts.

"We'll give them any updates about what's new in best practices in outbreak management," Hague said.

"If anything, this effort gives people updated information. We share information on what worked or didn't work well.

"It's just easier, because everyone hears the same message."

Church Directory

Service Times
Denominations
Child Care
Communion
Children's Services

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5244 Highway #3, Sherkston
Pastor Andrew Doherty
(905-382-6530)
Sundays at 11:00 am

Call to reserve your church listings each week
905-871-3100

trinitylife CHURCH
Lead Pastor Dale Shaw
Associate Pastor Rob Collier
Associate Pastor Howard Hoover
Sunday Service at 10:30am
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5348 Sherkston Road, Sherkson
www.trinitylifechurch.ca

Riverside Community Church
www.riversidecommunityc.com
Sunday Services:
9:00am & 10:45am
THIS SUNDAY:
Guest Speaker: Frank Martinez
(Pastor & Leader of the BIC Church in Cuba)

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Miscellaneous

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Garage Sales Flea Markets

HUGE
Garage Sale
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Sat Oct 5, 9-1pm
corn burner,horse teck, household items, collector pletes, cer & wood working tools, tin ceiling & much more

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Rain or Shine
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Sat. Oct. 5 10am - 4pm. Vintage & household items, die cast cars, jewellery & more, TOPS ON 5436 fundraiser table.

GARAGE SALE
Rain or Shine
Sat. Oct. 5th
2447 Stevensville Rd. Furniture & household goods. 8am - ? No early birds please.

businessdirectory

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The **Fort Erie Times**

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Thursday October 10th
4:30pm - 7:30pm

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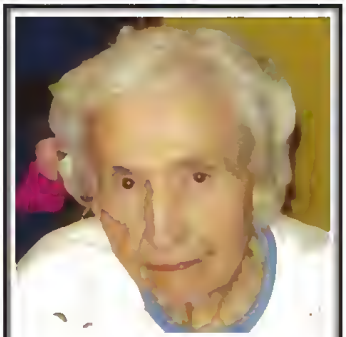
Birthdays | **Birthdays**

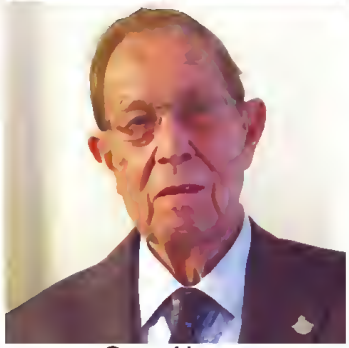


Happy 90th Birthday
Mom
(Sarah Nigh)
Love your children, grandchildren, & great grandchildren.

Birthdays | **Birthdays**

Happy 9th Birthday
James
Love you and miss you.
Love Nana & Papa

Birthdays | **Birthdays**



Open House
in honour of
LELLAND (BUD) BEACH's
90th Birthday
Saturday, October 5, 2013
2:00 - 4:30pm
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3605 Black Creek Road,
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Coming Events | **Coming Events**

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Coming Events | **Coming Events**

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South Mill, Ridgeway
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Adults $8.00
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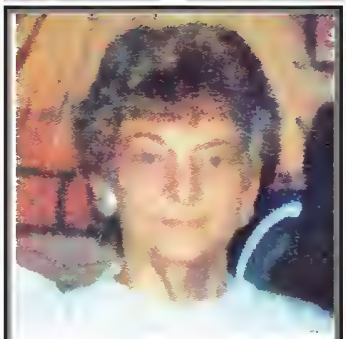
Obituaries

Obituaries

BALFOUR, Susan (nee Armstrong) - Sue passed away at the Douglas Memorial Hospital on Saturday, September 26th, 2013 at the age of 82. Predeceased by her husband Robert. Sadly missed by brothers Herrie end Tom end her sister Muriel Lowe as well as their families. Forever remembered by her many friends, especially Lolly Cassleman, Sid, Mark and Andrew Cook who she thought of as family. Predeceased by 7 brothers and sisters. Upon completion of her service with the Cenedien Armed Forces, Sue worked as e nursing assistant in Toronto retiring in 1985 efter 30 years. She continued her services as an active and proud member of Royal Canadian Legion Br. 71 in Fort Erie. **BENNER FUNERAL SERVICES,** 1105 Benner Ave., Fort Erie entrusted with errengements. Friends end family visited on Wednesday, October 2nd from 12 noon until e service to celebrate Sue's life thet was held in the Benner Funeral Chapel at 1 p.m. If so desired, donations to the Legion Poppy Fund at Branch 71 would be appreciated by the family.

In Memoriams

In Memoriams



Jeane Riddell

Lovingly remembered and missed for 25 years (October 7, 1988) by Tim, Judy, Jenny, Chase, Tracy, and Kristopher.

In Memoriams

In Memoriams

In Loving Memory of
LOUISE HAINES
who passed away October 5, 1990

As time unfolds another year,
Memories keep you ever near.
Silent thoughts of times together,
Hold memories that will last forever.

Remembered, loved and treasured by the family she left behind.

In Memoriams

In Memoriams

Sam Everett
May 6, 1960 - Oct. 4, 2005
In loving memory of my daughter, Laurena.
Eight years ago I lost you
My hurt is no less
But you my darling daughter
I'm sure are at your happiest.
Love Mama

Sam Henningham
May 6, 1960 - Oct. 4, 2005
In loving memory of my sister, Sammy
As the soft wind gently passes me by
I stop and listen, but a tear fills my eyes.
I thought I heard you say,"Are you O.K."
My heart said, No,
Nothing feels right, and I miss you more everyday.
But I know you would be sad to see me this way.
So I guess I have to accept,
The day I lost you,
Is the day Peace came your way.
Love Sissy (Katie)

Niagara Funeral Alternatives Inc.
Cremations and Burials
Remembrance Takes Thought, Not Expense
Jerome J. O'Charchin, Funeral Director
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241 Ridge Road • Ridgeway • ON • L0S 1N0

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You can now publish your obituaries and in memoriams online.

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...is a "work in progress."
We dream, we love, we grieve.
What do we leave behind?
— Memories —
We can help you translate your memories in stone, and...

...Quite Simply, only we can offer guaranteed quality through the strongest most comprehensive perpetual warranty offered in the industry today.

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www.kirkpatrickstoneworks.com

Williams Funeral Services

6 reasons why you should advertise in your local newspaper

1 CREDIBILITY

Polls show people believe newspapers offer the most believable advertising. The offer is there to be read over and over again. It doesn't intrude uninvited and then vanish.

2 ASSURANCE

Our newspaper circulations are verified and audited. Tearsheets verify that an ad ran as scheduled. They have tangible proof that their ad reaches the audience. Radio and TV can't offer this tangible proof.

3 PERMANENCE

Newspapers allow readers time. Time to digest and consider an advertising offer at their leisure. Consumers need not be in the right place at the right time to see or hear the advertiser's message. Studies prove that our papers are kept longer than a week and are read by more than one person.

4 LOCAL COVERAGE

Newspapers occupy a unique position in reader's lives. Newspapers contain news on local people and events, while providing the most reliable source of in depth coverage of everything, including what businesses are offering this week.

5 ECONOMY

Cost per thousand is very competitive, but the results of good newspaper advertising are the best measure of its benefit.

6 LOCAL INVESTMENT

No other medium can compare to newspapers in service to the local community. An advertising order is an investment by the advertiser in the community.

The Market you are looking for is reading the same paper you are!

Talk to a Sales Representative today for more information

Fort Erie wins championship

The Fort Erie major bantam single A hockey team traveled to Peterborough this past weekend to play in a AA tournament and shocked the competition by winning the championship after going undefeated throughout the tournament.

Playing with a roster that consists of two underagers and playing up a level was a tough test for the team. The round robin began against the Clarington Toro's and after being down two quick goals the team rallied to win 4-2.

In between the first and the second game the team retreated to their cottages for an afternoon of swimming, fishing, canoeing and paddle boating, not your typical pre-game activities however building a bond between team mates off the ice.

It seemed to work as they played their second game against the Ancaster Avalanche early in the evening and defeated them 5-1.

The team felt they were in for a battle facing the Oshawa Generals the next day. The Meteor boys showed up, they battled hard, they took a lot of big hits and fell behind on the scoreboard, but they never quit. They tied the game up 4-4 by scoring in the last few minutes.

The next game was a physical game against the home town Peterborough Petes. The team never backed down and came away with a 3-0 win.

After two very physical games the players headed back to the cottages with some bump and bruises in tow, but the adrenaline of making it to the semifinals kept them determined and focused.

The semifinal game match up was once again with the Peterborough Petes. They were out for revenge and came out hitting and taunting however the Meteors never backed down and worked their way to a 5-1 victory. The Meteors were off to the finals.

With just two hours in between games the boys were focused on the goal ahead and would be once again facing the hard hitting Oshawa Generals who earlier defeated the Mississauga Braves in the other semifinal game.

The coaches and players felt it was going to be a hard fought final based on the earlier match up and with one forward already injured and unable to play in the final, the bench was getting shorter. There was nothing stopping the Meteors even though the bench was short due to injuries. The team worked hard and stuck to the coaches game plan and shocked the generals with a 4-1 victory.

A single A team playing in a AA tournament, outscoring their opponents 25-10, and winning a championship had the opposition players and families asking where did this team come from? We are the Meteors from Fort Erie and 'Single A all the way'.

The weekend was a total team effort from the coaches to the players. The town of Fort Erie can be proud that they were well represented in the city of Peterborough both on and off the ice.

Front, Tanner Maulucci, Ben Pikel. Middle, Jonathan Larocque, Michael Fazio, captain Matthew King, Drake Quinn, captain Cail Cirillo, Ethan Arsenault, Noah Desmarais, Jared Montgomery Back, trainer Luc Gerritsen, manager Debbie Larocque, Michael Graham, Michael Athoe, Zak Bobak, assistant captain Alex McAteer, assistant captain Nash Gerritsen, Emile Lafleur, head coach Rich Graham, assistant coach Anthony Passero, assistant coach Pat Giampaolo.

Photo submitted

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BRICKS & Bouquets

UNCLE SAM'S BINGO
Fri Oct 3rd at 9:30 pm
$27 Bargain Books
$500 Letters
(905) 871-3377

Brick to bouquet theft

I hope the person who lifted a bouquet from a local florist a couple of weeks ago gave it to someone who needed a lift. In our charming little town – really?

Brick to frightened driver

This brick goes out to the person frightened of the intersections in town. You said that you have on many occasions closed your eyes and hoped for the best when making left hand turns. If this is how you drive I am frightened of you. We don't need more advanced green lights, just better drivers on the road.

Bouquet to 2014 municipal election

This is a bouquet to the upcoming 2014 local election. I assume it will provide many answers for the people of Fort Erie who doubt certain members of the current council can be re-elected. Who knows if they are right or wrong? We will find out soon.

GOLD IS HIGH
Sell local for the highest dollar paid.
Bridgeburg Jewellers
44 Jarvis Street
Fort Erie
905-994-1561
Across from the Post Office

Brick to casual conversation

This is a brick to people who hold up traffic on side streets by stopping and chatting with someone on foot or in another vehicle. Most people wrap up the discussion when another motorist arrives on scene but the other day that wasn't the case for me. After I tapped my horn lightly, the two men having a conversation glared back at me like I was out of line. Sorry, some of us have places to be at 9 a.m. on a weekday morning and can't spend the entire day shooting the breeze in the middle of a street.

Bouquet to golf club

This is a bouquet to a private golf course in Ridgeway that has embraced a young man with special needs as one of its employees. He's a great guy and it's nice to see him appreciated so much by the staff.

Send your bricks & bouquets to: kris.dube@sunmedia.ca or phone: 905–871–3100 ext. 210

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$20.00 per person
Anytime after 1 p.m.
Includes Golf and Cart
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Fort Erie GOLF CLUB
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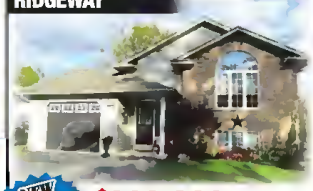
Feature HOME

304 HIGHLAND AVE., FORT ERIE

$199,900

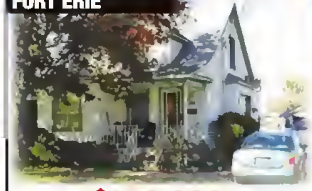
Newly renovated 4 bdrm. home in a great neighbourhood.
DAWN KENDRICK (#2010)

RIDGEWAY



NEW LISTING
$239,900
10 year old raised ranch
Walk to town, lake & trail
MARGE OTT (#2011)

FORT ERIE



$149,900
3-4 bdrm home on large lot in town.
2 car garage & main floor laundry.
DAWN KENDRICK (#1943)

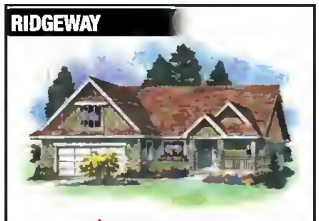
FORT ERIE

SOLD
Stunning English style waterfront home
2250 sq/ft of fine living space.
PAM THOMAS (#1854)

RIDGEWAY

$$198,900
Century home with lots of character.
Spacious lot with lots of trees & a pool.
MARY ELLEN WINGER (#1964)

RIDGEWAY



$265,000
New home to be built.
Pick your plan & colours.
BRIDE HAMLYN (#1934)

STEVENSVILLE

$329,000
Country living at it's best!
Sunroom, huge garage, 2 fireplaces.
MARGE OTT (#1952)

CRYSTAL BEACH

$149,900
Cozy move in condition bungalow. Includes gazebo, fenced yard & perennial gardens.
PAM THOMAS (#1909)

CRYSTAL BEACH

$122,000
Live close to the lake. Perfect for: starters, retirees or summer getaway
MARY ELLEN WINGER (#1990)

FORT ERIE

$168,000
Lovely home on a quiet street.
Full basement, sunroom, fenced yard
DAWN KENDRICK (#1977)

RIDGEWAY

$263,500
3+2 bdrm, 2 bath raised ranch with:
extra garage, patio, fenced yard & shed.
MARGE OTT (#1973)

FORT ERIE

$289,900
4 bedroom family home within walking distance to new schools.
DAWN KENDRICK (#1966)

CRYSTAL BEACH

$239,900
2bdrm. townhouse close to beach with sunroom, gas f/p & shed.
MARGE OTT (#1984)

CRYSTAL BEACH

$152,900
Attention: Investors.
Possible 3 units for rentals.
DAWN KENDRICK (#1995)

FORT ERIE

$133,500
Nice 3bdrm. home with front and back deck,
1½ car garage & gas f/p.
MARGE OTT (#1994)

CRYSTAL BEACH

$143,900
2 bdrm home completely renovated.
Landscaped fenced in yard with pool.
DAWN KENDRICK (#1996)

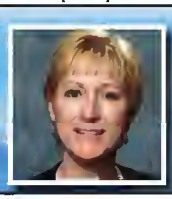
FORT ERIE

$294,900
Newly renovated 3bdrm home.
Double car garage, full basement.
MARGE OTT (#2002)

Sales Team

Mary Ellen Winger
Broker/Manager

Marge Ott
Broker



Pamela Thomas
Salesperson

Dawn Kendrick
Salesperson

Bride Hamlyn
Salesperson

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frugal fridays

Suntastic Tanning
$25 Gift Card for $12!

Zia's Pizzeria
$25 Gift Card for $12!

Twice The Deal Pizza
$20 Gift Card for $10!

Carole's Cafe
$25 Gift Card for $12!

forterie times .ca

SAVE OCTOBER 4TH – 7am - 7pm

FortErieTimes.ca/FrugalFridays

Save 50%, no strings attached!

frugal fridays

Blue Star Restaurant
$20 Gift Card for $10!

Celebrate Wellness
$50 Gift Card for $25!

Beatties Stationary
$50 Gift Card for $25!

Ming The Restaurant
$25 Gift Card for $12!

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SAVE OCTOBER 4TH 7am - 7pm

FortErieTimes.ca/FrugalFridays